LIVE IT WELL

Well & Being
Spa & Wellness
Today I will find balance in my life.
I will reveal my potential by feeling and being healthy,
by embracing all the elements that are on my path to well-being.
By striving for the best expression of me,
I will find greater connectedness to the world and to those I love.

Today, I will live it well...
Experience our desert oasis spa including a rooftop pool with private cabanas, co-ed waterfall grotto and a healthy spa cuisine menu. Enjoy a variety of amenities such as a steam room, eucalyptus inhalation room, Swedish dry sauna, hot therapeutic whirlpool, cold plunge pool and Swiss shower. Use of our fitness studio and select exercise classes are included with your spa booking.

Discover our Signature Services, from massages, facials and body treatments to unique fitness classes, acupuncture and singing bowl sound therapy.

- WELL & BEING SIGNATURE JOURNEY MASSAGE
- HIMALAYAN SALT STONE MASSAGE
- HAVASUPAI FALLS REJUVENATION
- DESERT OASIS DETOXIFYING WRAP
- WELL BLENDED AROMATHERAPY SCRUB
- WELL & BEING FACIAL
- TRANSFORMATION FACIAL
- DESERT SEASONS MANICURE & PEDICURE
- THE FITNESS PRESCRIPTION
- WELLFIT DIAGNOSTICS
- FLOATFIT GROUP EXERCISE CLASS
- NUTRITION FOR ACTIVE LIVING
- ACUPUNCTURE
- SINGING BOWL SOUND THERAPY
MASSAGE THERAPIES & BODYWORK

The healing and rejuvenating power of touch has been known since ancient times. Modern science has proven that massage reduces muscle tension, reduces stress and anxiety, and provides pain relief. Our massage therapists provide an exceptional experience, whether you are looking for stress-relief, relaxation or a specific corrective therapy.

**WELL & BEING SIGNATURE JOURNEY – 60 | 90 MIN**
This light-to-medium rhythmic massage will lull you into a deep state of relaxation and delight with a delicious scalp massage using wild lime oils. You depart refreshed, reawakened and ready to re-enter the world.

**HIMALAYAN SALT STONE – 60 | 90 MIN**
Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to soothe sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

**AROMATHERAPY – 60 | 90 MIN**
This medium-pressure massage will leave your muscles relaxed and your senses awakened. Customize your service with our Aromatherapy Blending Bar experience.

**COUPLES SUITE – 60 | 90 MIN**
Spend time together while enjoying your choice of side-by-side massages. Couples massage is an excellent way to share something you both love or spend quality time with mom, daughter or best friend.

**REFLEXOLOGY – 60 MIN**
Reflex points in the foot relate to specific organs and glands, and stimulating those points promotes health in the organs via the body's energetic pathways. Our specially trained reflexologists restore overall health to your body by massaging the feet and reflex points, leaving you relaxed, rejuvenated and balanced. Reflexology can be performed while clothed or underneath sheets — your choice.

**PRENATAL – 60 MIN**
This massage can reduce stress hormones, swollen joints and muscle pain while improving sleep. This pampering experience is designed with the safety and comfort of mother and child in mind. Not recommended for guests during their first trimester.

**MASSAGE ENHANCEMENTS**
- Additional Massage Time – 30 MIN
- Well & Being Aromatherapy Blending Bar – 15 MIN
- Soothing Foot Scrub & Massage – 15 MIN
- Scalp & Facial Massage – 15 MIN
- Reflexology – 30 MIN

A variety of in-room massage services may be provided to you in the comfort of your guest room. Services and prices vary. Please call extension 2732.

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**MAGNESIUM – 60 | 90 MIN**
This nourishing treatment delivers the power of magnesium through a full-body massage with the focus to promote detoxification and replenish commonly deficient magnesium levels.

**HOT STONE – 75 MIN**
A hot water bath is used to heat stones made of basalt, a black volcanic rock that absorbs and retains heat. Experience the deep relaxation of the warmed stones when your therapist uses them as an extension of their hands to massage your body's stresses away.

**DELUXE COUPLES SUITE – 120 MIN**
Experience peaceful alone time together in our couples soaking tub with a customized bath followed by 90-minute massages.

**ALPINE ARNICA DEEP TISSUE – 60 | 90 MIN**
This treatment uses heat-driven muscle repair with a targeted application of arnica-rich gel and steamed towels to broaden the fibrous tissues of the muscles, tendons and ligaments, breaking down adhesions and restoring mobility to the body.

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Discover a brand new you. Enjoy one of our muds, scrubs, wraps or hydrotherapy treatments and instantly improve your skin and clear your mind. As an enhancement, a customized body lotion or oil may also be created with our Blending Bar experience and select services.

**Body Scrubs & Wraps**

**WELL BLENDED AROMATHERAPY SCRUB – 75 | 115 MIN**
Customize your experience! Let our therapist work with you and our unique “blending app” to create a completely unique blend of spa essential oils and produce your own personalized sugar or salt scrub. This alchemist blend will then be used in a full body polish that will restore your skin and replenish your energy.

**HAVASUPAI FALLS REJUVENATION – 120 MIN**
In this ultimate Southwestern experience, start with a sage smudging ritual to “scrub” your body of any unhealthy energy before moving into a purifying scrub with essential oil infused desert salts to exfoliate the skin. Afterward, a massage with jojoba body butter prepares your skin for warm Himalayan salt stones that release and soothe tired muscles. You’re then cocooned in a warm herbal wrap and a Sedona clay detoxifying mask is applied on your face. The service finishes with a soothing scalp massage.

**PURIFICATION RITUAL – 90 MIN**
This detoxification ritual begins with a vigorous exfoliation and mud wrap in black silt clay containing extracts of Indian sarsaparilla and coffee arabica. Your face is then cleansed with an oat polish and nourished with a hydrating aloe & prickly pear mask. Finally, enjoy a vigorous scalp massage and hair conditioning treatment. A full-body massage with ultra-rich bergamot, citrus and aloe body lotion completes the ritual.

**DESSERT OASIS DETOXIFYING WRAP – 60 | 90 MIN**
This rejuvenating and detoxifying wrap and massage brings the rhythm of the ocean to the desert! Using coastal herbs and clay, we carry away layers of stress and fatigue from head to toe. Deeply relaxing and detoxifying, this wrap also includes a magnesium infused mask to help reduce muscle fatigue and boost energy.
WELL & BEING RECOVERY BODY TREATMENT – 90 MIN
Your healing will begin the moment you lie on the table with infrared heat to soothe the tension in your muscles and joints, while algae and mint buffing grains are cascaded over your body to exfoliate the skin. Enjoy a warm cocoon-style wrap that will hug your senses as a hydrotherapy facial brings back that energetic glow. Relax in a warm magnesium bath to stimulate lymphatic and circulatory flow.

HACIENDA RETREAT – 60 | 90 MIN
It begins with a yellow corn & lime body polish to exfoliate the skin. Then a richly hydrating mask of shea butter scented with lime zest, spearmint and lemon is smoothed onto your skin. Luxuriate in a light facial massage with desert rose moisturizer. The 90-minute version includes a 30-minute massage with our signature mojito body butter.

MOISTURE BOUND BODY WRAP – 60 MIN
A candlewood and jojoba cream scrub exfoliates and refreshes, while adding moisture and nutrition. Rinse off in the shower then enjoy a soothing application of organic aloe vera and prickly pear gel to soothe, hydrate and heal the skin. Receive a light acupressure facial lift with a repairing five-seed extract facial serum. Finally, an application of pomegranate oil interspersed with refreshing cucumber mist, leaves you with protection from dehydration and damage.

WELL & BEING BATHS – 30 MIN
Formulated with pure botanicals and mineral-rich salts, each bath is a deeply relaxing experience that makes your massage and body treatment go further. Choose from the following baths below.

Magnesium & Kelp Bath:
Seaweed and salts relieve muscle tension, renew energy, re-mineralize the body and support skin health.

Sage & Lavender Bath:
A classic blend of healing essential oils assases stress and anxiety, soothes and repairs damaged skin and promotes sound sleep.

13

Indulgence & Insight
**The Well & Being FACIAL** – 60 MIN
A select fruit enzyme polishes the skin to reveal a smoother, brighter complexion. The hands are treated with a brightening scrub to diminish dull, uneven skin tone, hydrated with rich moisture and sealed with warm gloves. Micro current is used to instantly tighten and tone skin. A natural collagen mask will enhance the lift by intensely nourishing, firming and reducing appearance of fine lines to bring out more youthful, radiant-looking skin.

**NATUROPATHICA REJUVENATING HYDRAFACIAL** – 60 MIN
The HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin using skin-specific solutions to bathe the skin in rich antioxidants and deeply hydrating hyaluronic acid. This treatment concludes with Red LED Light Therapy which plumps up aging skin, and Blue LED Light Therapy which zaps the bacteria that causes breakouts.

**DEEP CLEANSING FACIAL** – 60 MIN
This custom deep cleansing facial combines results and relaxation. Our experts will tailor your session to address your concerns from sensitive skin to breakouts to fine lines, using the best of nature’s remedies.

**MEN’S FITNESS FACIAL** – 60 MIN
Tailored to address the specific needs of men, this deep cleansing facial removes impurities with natural enzymes. Antioxidants neutralize aging free-radicals, while soothing aloe combats the harsh effect of daily aggressors.

**TRANSFORMATION FACIAL** – 60 MIN
This facial targets all signs of aging, instantly restoring balance. Smooth fine lines and tone with a medium peel, great for even the most sensitive, dehydrated, and even breakout prone skin.

**INTRACEUTICALS OXYGEN TREATMENTS**

- **Intraceuticals uses oxygen under pressure to deliver hyaluronic acid, vitamins and powerful antioxidants, resulting in an immediate boost to dull dehydrated skin. Allow our experts to help you select the best treatment for your skincare concerns.**

**REJUVENATE TREATMENT** – 60 MIN
Receive the benefits of the Rejuvenation Hydration treatment with the addition of Atoxelene. The eye contour area is immediately smoothed and lips are plumped and hydrated.

**OPULENCE TREATMENT** – 60 MIN
Using Vitamin C and natural plant lightening extracts, this treatment balances uneven skin tones and leaves skin vibrant.

**ENHANCED OXYGEN TREATMENT**
The Enhanced Oxygen Facial combines our 60-minute Intracueticals facial with your choice of one Intraceuticals Enhancement to boost your facial experience.

**INTRACEUTICALS ENHANCEMENTS**

- **Antioxidant+ Treatment** (no additional time required)
- **Vitamin A+ Treatment** (no additional time required)
- **Vitamin C+3 Treatment** (no additional time required)
- **Collagen+ Treatment** (no additional time required)
- **Neck & Décolleté Treatment** – 15 MIN

**WAXING**

- Brow
- Lip
- Full Face
- Chin
- Under Arm
- Half Arm
- Half Leg
- Full Leg
- Bikini

**Well & Being offers a diverse and results-driven selection of skincare treatments and therapies personalized to each guest. Expert estheticians assess your specific skincare needs to create a fully customized service.**

**THE WELL & BEING FACIAL** – 60 MIN

- NuF ACE (no additional time required)
- Soothing Back Treatment – 30 MIN
- Anti-Aging Hand Treatment – 15 MIN
- Gold Mask (no additional time required)
- Diamond Mask (no additional time required)
- Antioxidant+ Treatment (no additional time required)
- Vitamin A+ Treatment (no additional time required)
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- Collagen+ Treatment (no additional time required)
- Atoxelene (no additional time required)

**FACIAL ENHANCEMENTS**

**INTRACEUTICALS ENHANCEMENTS**

- NF-ACE: (no additional time required)
- Soothing Back Treatment – 30 MIN
- Anti-Aging Hand Treatment – 15 MIN
- Gold Mask: (no additional time required)
- Diamond Mask: (no additional time required)

**INTRACEUTICALS SERIES** The results of the Intracueticals Treatments are accumulative and continue to improve with repeated application. A series of six applications over six weeks is recommended to achieve optimum results. Five specific programs available: 60 MIN EACH

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**FACIALS & SKINCARE SERVICES**

- **THE WELL & BEING FACIAL** – 90 MIN
- **NATUROPATHICA REJUVENATING HYDRAFACIAL** – 60 MIN
- **DEEP CLEANSING FACIAL** – 60 MIN
- **TRANSFORMATION FACIAL** – 60 MIN

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Living it Well every day is achievable. Discover a variety of services, programs and therapies specifically targeted to the wellness needs of men. Enjoy therapeutic bodywork to help your internal "weekend warrior" repair itself, or embark on a personalized fitness program tailored to your needs.

**THE HEALTHY MALE**

**THERAPEUTIC BODY WORK**
- Wall & Biang Signature Journey Massage
- Aromatherapy Massage
- Alpine Arnica Deep Tissue Massage
- Thai Massage
- Magnesium Massage
- Acupuncture
- Acupressure

**SCRUBS & WRAPS**
- Hacienda Retreat
- Desert Oasis Detoxifying Wrap

**GROOMED TO PERFECTION**
- Men’s Fitness Manicure & Pedicure
- The Leg Works Therapeutic Pedicure

**HEALTHY SKIN**
- Men’s Fitness Facial
- Intraceuticals Oxygen Facial

**FIT FOR LIFE**
- Personal Training Programs
- The Fitness Prescription: Individualized Fitness Solution
- Nutrition for Active Living
- Assisted Stretch
- WellFit Diagnostics
- Individualized Diagnostic Assessments: The Bod Pod Body Composition
  - The Body Gem, and The Fit Mate Pro

**WIND IT DOWN**
- Singing Bowl Therapy
- Sweet Dreams Aromatherapy Wrap
WELL & BEING SOLE SERENITY PEDICURE – 75 MIN
Your service begins with an aromatic leg and foot polish formulated with a blend of organic essential oils and botanical extracts (jojoba, rosemary, geranium, and calendula) designed to tone and strengthen the vascular tissue. A mud mask with cosmetic-grade clays refines skin texture and increases circulation.

TUSCAN PEDICURE – 60 MIN
Bring a touch of Tuscany to your desert escape with this cooling, soothing and uplifting Pedicure. Essences of olive oil help exfoliate, soothe, tone, and revitalize your legs while a cooling and purifying mint mask helps to detoxify and tighten. Finish with a deeply relaxing leg and foot massage using ultra-hydrating cucumber body cream.

CHAMPAGNE COUTURE PEDICURE – 75 MIN
As you sip a glass of Champagne, the royal treatment begins with an exfoliating mask of red Arizona clay to refresh dull skin. Melt away while we massage your tired legs with a rich shea butter followed by a paraffin treatment on your feet. An age-defying diamond radiance eye mask will be applied for the ultimate relaxation experience.

DESERT SEASONS PEDICURE – 60 MIN
Fresh botanicals create a seasonal palette of herbal treatments to soothe and refresh. Spring (desert chaparral), Summer (lemongrass), Fall (prickly pear), Winter (juniper berry). After a gentle polish with aloe and bamboo exfoliant, enjoy warm herbal concoctions massaged into your arms, leaving you blissfully relaxed.

MEN’S FITNESS PEDICURE – 60 MIN
Your service begins with an aromatic leg and foot polish made with ancient desert salts and stimulating oils of rosemary and ginger, followed by a cooling gel mask enriched with magnesium oil. Legs are wrapped while you enjoy a foot rub that focuses on reflex points on the soles of the feet.

THE LEG WORKS THERAPEUTIC PEDICURE – 60 MIN
Your service begins with an aromatic leg and foot polish formulated with organic, virgin coconut oil scented with our signature blend of essential oils. Enjoy a cooling gel mask enriched with magnesium oil applied on your legs and feet, designed to stimulate energy flow, which leaves you feeling grounded and relaxed.

NAIL ENHANCEMENTS
- Paraffin (no additional time required)
- Lemon Peel (no additional time required)
- Essie Gel Couture (no additional time required)
- Shellac: Add-On & Removal – 30 MIN
- French Add-On (no additional time required)
- Glycolic Add-On (no additional time required)

WELL & BEING MANICURE – 60 MIN
Start with an organic coconut oil polish scented with essential oils. Enjoy a soothing application of Vitamin C and beta-carotene-enriched Repairing Hand Serum, then drift away during the massage with Well & Being’s richest shea hand balm focused on reflex points.

TUSCAN MANICURE – 60 MIN
Essences of olive oil help exfoliate your hands and arms while a cucumber mist helps to soothe and tone. Next enjoy a mint mask to detoxify and tighten the skin. Finish with a relaxing hand and arm massage using ultra-hydrating cucumber body cream.

CHAMPAGNE COUTURE MANICURE – 60 MIN
While you sip on Champagne, the royal treatment begins with a mask of red Arizona clay to refresh dull skin. A massage, a lavender-infused towel and a paraffin treatment completes the experience.

DESSERT SEASONS MANICURE – 45 MIN
Fresh botanicals create a seasonal palette of herbal treatments to soothe and refresh. Spring (desert chaparral), Summer (lemongrass), Fall (prickly pear), Winter (juniper berry). Enjoy a gentle, invigorating, jojoba glaze exfoliation, followed by a soothing application of Vitamin C and beta-carotene enriched Repairing Hand Serum. A massage with Well & Being’s richest shea hand balm focused on reflex points completes the experience.

MEN’S FITNESS MANICURE – 45 MIN
Following an invigorating jojoba glaze exfoliation, our signature salve is used in a meticulous massage of the muscles in the hands and forearms. Warm towels aid the absorption of the natural plant nutrients that leave hands conditioned and protected.

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WELL STYLED
A refreshingly simple concept; we wash, blow and style your hair, whether preparing for a night out, special event or simply for fun. A shampoo, aromatherapy scalp massage and a glass of wine are included, along with your choice of styles.

• **IN STYLE** – Round brush, full finished look
• **SLEEK STYLE** – Flat iron, straight, smooth
• **LIFE STYLE** – Smooth, soft bouncy curls
• **WILD STYLE** – Smooth, teased, bombshell
• **EVENT STYLE** – Elegant, French twist, bun
• **WEDDING STYLE** – Braided, pinned, breathtaking

MAKEUP
Explore classic and bold looks to complement any shade, mood or occasion.

• Makeup Application ~ 30 MIN
• Makeup Lesson ~ 60 MIN

TINTING
Enhance your brows and lashes with a tinting session.

• Brow
• Eyelash
Available upon request

HAIR CUT & STYLE ADDITIONAL SERVICES

• Men’s Shampoo, Cut & Style
• Women’s Shampoo, Cut & Style
• Updo Bridal Hair Service
• Wedding Day Hair
• Iron/Curling Work

Hair color available by request
Let us plan your party for you. Well & Being is the perfect way to celebrate!
With outstanding spa and wellness services, food and beverage, your group is bound to have an exceptional experience. Your Spa’rty Coordinator will work with you every step of the way, making organization simple and easy.

**IT’S SPA’RTY TIME**

*When a group of five or more people celebrating a special occasion or simply enjoying our spa and all of its amenities reserve spa experiences, they’ll receive the benefit of exceptional rates and value!*  

Whether celebrating a birthday, bachelorette, wedding, or any event or special occasion, we’ll make your Spa’rty a memorable experience!

- Girlfriend Getaways
- Bachelorette Parties
- Birthdays
- Anniversaries
- Family Gatherings
- Baby Showers
- College Reunions
- Couples Groups

**PRIVATE FITNESS CLASSES — 50 MIN**
Enjoy a selection of various fitness classes including Aerial Hammock Yoga, TRX, Boot Camp and many more. Contact coordinator for quotes.

**CAKE! CAKE! CAKE!**
Who doesn’t love a great slice of gourmet cake? Indulge in a delectable treat. We offer cake by the slice, or you can customize your own cake. Contact coordinator for quotes.

**FRIENDS JOINING YOUR SPA’RTY**
Enjoy lunch and all of our amenities.

**SPECIAL SPA GIFT**
Let your guests take their spa experience home, compliments of you! Special spa gifts from $25 per person.

To make a reservation, please call our Spa reservations team at 480.585.2732. 7-day advanced reservations are required for booking a Spa’rty. 72-hour cancellation/rescheduling policy.

CUSTOMIZE YOUR DAY — ADD ANY OF THESE OPTIONS

- **Girlfriend Getaways**
- **Bachelorette Parties**
- **Birthdays**
- **Anniversaries**
- **Family Gatherings**
- **Baby Showers**
- **College Reunions**
- **Couples Groups**
PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Well & Being’s robust class offerings and personal training are sure to address your every fitness need. From FloatFit to Aerial Yoga and TRX classes to Meditation and Boot Camp, we offer something for everyone. Leave feeling enlightened and empowered.

THE FITNESS PRESCRIPTION:
INDIVIDUALIZED FITNESS SOLUTIONS – 90 | 120 MIN

Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat, improve your energy or optimize your health, the Fitness Prescription provides you with a personalized roadmap for achieving your goals. Let our skilled fitness team create a customized exercise program that will include a fitness assessment and risk analysis. Your personal fitness goals, exercise preferences and lifestyle all align to create a personalized fitness plan.

DIAGNOSTICS

These technologically accurate assessments provide reliable and user friendly insight into your overall physical health.

The Bod Pod is the world’s most advanced body composition assessment. It measures the percentage of your total weight that is fat versus lean muscle tissue. Please wear skin-tight exercise clothing or a swimsuit. Skin-tight clothing allows an accurate measurement of your body composition. Try to avoid food, drink or exercise for two hours prior to your appointment. Together, you and our fitness experts review the results of your Bod Pod and provide you with healthy recommendations in a confidential setting.

The Body Gem This Resting Metabolic Rate (RMR) test measures how many calories your body burns a day. Whether your goals are weight loss or increasing lean muscle mass, this simple assessment provides you with valuable information. No special attire required.

The Fit Mate Pro SubMaxVo2 oxygen consumption assessment provides you with a personalized report detailing maximum oxygen uptake, anaerobic threshold predictions, individual training zones, cardiovascular stamina and strength. We recommend wearing fitness attire for this short duration cardiovascular workout.

PERSONAL TRAINING PROGRAMS – 60 MIN

Develop a customized workout plan for your activity level and body type. Training may include some or all of the following: Reforme Pilates, Mat Pilates, TRX, power walking, strength training, gym equipment overview and assisted stretch.

ASSISTED STRETCH – 30 MIN

Our certified personal trainers will guide you through a series of stretches based on your flexibility. Each session helps increase flexibility, correct muscular imbalances, prevent injury and aid in workout recovery. Wear loose-fitting, comfortable clothing.

WELLFIT DIAGNOSTICS

Our Wellness coaches will use the information provided in our diagnostic testing to help streamline your approach to exercise as well as recommend complementary services to best support your plan. Whether you are looking to optimize your current plan or create a new program, our series of diagnostic tests will help you focus your efforts for maximum results. Initial session 120-minutes, follow-up session 60-minutes.

GROUP EXERCISE CLASSES

Well & Being provides an exceptional array of fitness classes available daily. View our current detailed schedule at www.scottsdaleprincess.com. Choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include Aerial Hammock Yoga, FloatFit, TRX, Krunk Fusion and Surfset, along with Wall Yoga. We also offer an array of more traditional movement and group exercise classes like yoga, meditation, Reformer and Mat Pilates and body sculpting.

The above treatments may be booked as 30-minute stand-alone services or add-on to a personal training session.

* Time and prices vary – please call the spa for details.

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Well & Being’s robust class offerings and personal training are sure to address your every fitness need. From FloatFit to Aerial Yoga and TRX classes to Meditation and Boot Camp, we offer something for everyone. Leave feeling enlightened and empowered.
HEALTHY SPA CUISINE

We encourage you to partake in our Healthy Spa Cuisine menu developed through the combined efforts of our Registered Dietitian and Executive Chef. Food offerings are available daily and can be ordered at the spa front desk. Please plan for a 30-minute preparation time when placing your order.

NUTRITION FOR ACTIVE LIVING

Allow our Wellness Coaches to create a blueprint for your fitness and nutritional lifestyle in order to increase your energy and overall well-being. Included in this program are the following topics:

- Bod Pod Body Composition Assessment
- Weight Management Discussion and Strategies
- Pre and Post Workout Nutrition
- Grocery Store Checklists
- How to Read Nutrition Labels
- Recommended weekly workout schedule including strength and cardiovascular activity recommendations
- Basic Nutrition Guidance
- Goal Setting for Future Success
- Supplement Recommendations

Please note this consultation is not intended to address specific medically related issues or concerns.

Delightful alliance of the good...and good for you

NUTRITION & HEALTH

Food and nutrition play an integral part in ensuring you can live life to its fullest with abundant energy. Using evidence-based approaches, our registered nutrition coaches work with you in a relaxed setting to help customize your eating plan in a highly personalized and results-oriented manner.
Mind your body. Embody your mind. Our exclusive healing therapies feature a full range of massage modality options available for every need. Our highly-trained licensed therapists excel in delivering these therapies in accordance with tradition.

**SINGING BOWL THERAPY** – 60 MIN
This ancient sound healing and massage practice harnesses the body’s own vibrational and material properties on a cellular level. The subtler effects can include regulating energy flow in the astral body. The bowls can be used to activate the chakras and remove energy blocks to promote good health. The mind is centered and focused on the sound.

**SWEET DREAMS AROMATHERAPY WRAP** – 60 MIN
There is no better way to induce blissful sleep than through the use of therapeutic essential oils. Let the calming essences of lavender and ylang ylang work in tandem with this deeply moisturizing and warmly relaxing body wrap.

**HEALTHY SLEEP & RELAXATION**
Allow our experts to guide you toward the best treatments and therapies to help improve alertness, mental clarity, muscle relaxation and circulation while reducing stress and anxiety.

**REIKI** – 60 MIN
This Japanese healing tradition is a gentle hands-on technique that reduces stress, eases pain and facilitates healing. Reiki does not involve manipulation of the muscles or other soft tissue and may be performed fully clothed. It energizes and balances the body, mind and spirit, helping to relax and alleviate emotional stress.

**CRANIOSACRAL** – 60 MIN
This treatment is helpful for headaches, minor neck and back pain, and relieving stress and tension. For this experience you will be required to wear loose-fitting clothing for the session.

**MYOFASCIAL RELEASE** – 60 | 90 MIN
This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension.

**ACUPUNCTURE** – 60 | 90 MIN
Our licensed acupuncturists use a series of fine needles to restore balance, and elevate the mind and spirit. Acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions. 30-minute follow-up appointments only available upon completion of any 60/90-minute service experience.

**ACUPRESSURE** – 30 | 60 MIN
Acupressure uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate achy and pains.

**THAI MASSAGE** – 60 | 90 MIN
Skilled therapists literally use their whole body to move you into various yoga-like positions, releasing muscles, increasing range of motion and leaving you relaxed and invigorated. Please wear loose-fitting clothing.

**CUPPING** – 60 MIN
In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase local circulation, relieve pain and promote healing. Cupping may be performed on the back and shoulders or along the thighs and upper buttocks to help reduce the appearance of cellulite. Cupping may cause bruising.

**MYOFASCIAL RELEASE** – 60 | 90 MIN
This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension.
Explore our amazing spa and lifestyle boutique with a variety of unique wellness gifts, skincare products, fun clothing and workout wear. If you saw it here, experienced it here, used it here, we have it here! Come explore and let our retail specialists provide you with the perfect collection of take-home items to continue the Well & Being experience.

Forget something or want to reorder? Just call us at 480. 585. 2732 and we will ship it to you.

Well & Being is proud to partner with some of the best known, well-respected and authentic product companies available. Ensuring the efficacy of ingredients and always considerate of our global footprint, we know you will enjoy your Well & Being experience and encourage you to continue the lasting benefits at home.

Who says getting fit can’t be fashionable? Our Well & Being retail collection provides a beautiful array of clothing and attire sure to not only complement your look but also delight you on your path to total wellness. Here you will find on-trend, lifestyle driven mixes of resort casual, active wear, yoga and fitness collections.

Enjoy a customized aromatherapy blending scrub tailored to your wellness needs. Let our alchemists work with you using our unique “blending app” to create a completely customized blend of spa essential oils or your own personalized scrub or lotion. Use your custom blend during your service or take it home. 30-minute a la carte $55.
Welcome to Well & Being! Not only to this truly remarkable spa, but to the dynamic sense of health and joy, the well-being, that we expect you to find here.

When I was a little girl, my grandmother taught me that everything we eat, affects us. She was so right. True wellness comes from a complete sense of physical, mental and social well-being. That’s why I've collaborated with Well & Being to create a wide selection of experiences that range from relaxing and playful to energizing and inspiring. While the paths are many and varied, all lead toward happier, healthier living.

At Well & Being, you'll choose experiences from our wide range of Spa & Wellness offerings. I encourage you to let our team of experts craft a wellness experience that’s right for you, right now. Because sometimes we need a stress-dissolving massage or invigorating (and fun!) session of Float Fit, and other times we need a motivating kick-off to an exercise regimen.

I look forward to taking this journey with you toward living more playfully and healthfully. We can’t wait to create a personalized blueprint for your success. And can’t wait to see you Live it Well.

All the best,
TIERONA LOW DOG, MD
Well & Being Chief Medical Officer
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